



Before Surgery Check List:

1. **Stop taking aspirin or aspirin products and Vitamin E** at least Two weeks prior to surgery. (Taking these products increases your chance of bleeding)
2. Blood Work must be done at least one week prior to surgery.
3. **QUIT smoking at least 6 weeks prior to surgery and 6 weeks after surgery!** Nicotine testing will be done at your pre-op appointment as well as the day of your surgery.
4. Do not drink alcohol or eat a big dinner the night before surgery. **Nothing to eat or drink after midnight.** This includes water, gum and mints.
5. Wear comfortable loose fitting clothes the day of surgery. Also, bring or wear cotton socks and slide-on shoes.
6. You must bring an adult friend or relative to drive you home and stay with you for 24 hours after surgery.
7. If you are taking blood pressure medication and/or heart medication, please take it the morning of surgery with a small sip of water.
8. Please take your antibiotic prescribed the night before surgery and get All other needed prescriptions filled prior to you surgery day.